



Gross Motor Milestones

These milestones are provided as examples of what an average child might accomplish within various age brackets. This is only meant as a guide. If you have concerns, contact your child's pediatrician or schedule a free screening with PhysioKids.

0-6 months milestones:

- Props self up when on tummy
- Roll from tummy to back, brings hands together when on back
- Lay on back, lifting arms and legs together or alternating
- Bring feet to mouth when laying on back
- Sitting with or without child's hands on floor (balance \geq 60 sec)
- Reaches and grasps objects from supported sitting
- Pulls up to sitting position with adult's finger
- Protective Reactions forward and sideways in sitting

7-12 months milestones:

- From unsupported sitting, retrieves toy, returns to upright sitting, maintains balance
- Rolls from back to tummy
- Stands holding rail and cruises
- Sits unsupported for 10 minutes
- Belly crawls and creeps on hands and knees
- Bangs 2 cubes together
- From sitting, stop backwards falls by extending arms backwards
- Moves in and out of sitting
- Bounces in standing while holding onto adult's fingers
- Stands alone momentarily

12-24 months milestones:

- Floor to stand independently, walks 2-3 steps, stands alone well
- Stoops and recovers
- Creeps up and down stairs
- Puts cubes in container, stacks 4-6 blocks, scribbles
- Pull toy walking backwards 5 steps
- Throws ball and kicks ball forward 3 ft.
- Walks sideways and runs 10 ft.
- Jumps forward 4-6 inches

25-36 months Milestones:

- Stands and walks 2-3 on tip toes
- Jumps with both feet down from a 12-16 inch height
- Jumps with both feet forward 1-2 feet
- Walks up 4 steps without support 1 foot per step
- Walks backwards 10 ft
- Stands on 1 foot \geq 3 seconds
- Catches 8" ball with arms extended and stacks 9-10 blocks
- Runs 30 ft.
- Rides a tricycle

3 - 4 years Milestones:

- Runs 15 yards in \leq 6 sec and stops without falling
- Walks on 4" wide balance beam forward 4 ft without stepping off
- Walks forward heel to toes touching 8 ft.
- Stands on 1 foot 6-8 seconds with hands on hips
- Throws 8" ball overhead x 10 ft and catches ball with both hands
- Walks down 4 steps with 1 foot on each step
- Stands on tip toes with arms overhead
- Hops 1 ft forward on 1 foot

4 - 5 years Milestones:

- Able to complete summersault
- Gallops 10 ft
- Hops forward 3 ft on 1 foot, changes feet, hops back
- Walks backwards heel to toe 5 steps
- Jumps forward 36 in with 2 foot take off and landing
- Jumps over string 10 inches off the floor
- Skips 8 steps
- Runs 10 feet, picks up an object, returns to the starting line without dropping the object
- Stands on 1 foot \geq 10 seconds
- Completes 3 sit-ups

5 - 7 years Milestones:

- Skips \geq 10 ft.
- Hops forward 20 feet in \leq 6 seconds
- Completes 5 sit-ups
- Performs 8 push-ups
- Kicks a ball to travel 12 ft in the air
- Bounces and catches a small ball with one hand and can throw it 8 feet
- Balances on tip toes \geq 10 sec
- Stands on 1 foot \geq 15 sec (5 y/o), \geq 20 sec (6 y/o), \geq 30 sec (7 y/o)